



National Center for
Complementary and
Integrative Health

INTRO TO NATIONAL CENTER FOR COMPLEMENTARY AND INTEGRATIVE HEALTH

Hello!

Introduce yourself

Learning Goals:

1. Understand what kind of information the NCCIH provides
2. Learn how to navigate and search on NCCIH
3. Accomplish a NCCIH search on my own



What is the National Center for Complementary and Integrative Health?



The NCCIH conducts scientific research on complementary and integrative health approaches. Their goal is to evaluate the usefulness and safety of complementary and integrative health interventions.

NCCIH is GREAT for...

- ▷ Scientific, objective information about complementary and integrative health solutions
- ▷ Checking whether something is actually helpful for a particular condition (ex: does acupuncture actually help with migraines?)

IMPORTANT DEFINITIONS!

**What does complementary, alternative, and integrative
health mean?**

All terms refer to health care approaches outside of mainstream Western/conventional medicine

1. Alternative = non-mainstream practice is used in place of conventional medicine
2. Complementary = non-mainstream practice used together WITH conventional medicine
3. Integrative = bringing conventional and complementary approaches together in a coordinated way

Basic Navigation



National Center for
Complementary and
Integrative Health

NIH... Turning Discovery Into Health

1

Search NCCIH



2

Información en Español

3

Health Info

Research

Grants & Funding

Training

News & Events

About NCCIH

Health

All Health Topics from A-Z

Research-based info from acupuncture to zinc.

Complementary, Alternative, or Integrative Health

What do these terms mean?

Be Informed

Learn how to make wise health decisions.

Herbs at a Glance

Uses and side effects of herbs and botanicals.

How To Find a Practitioner

Information on seeking treatment.

Information for Health Care Providers

Evidence-based medicine, continuing education,
clinical practice guidelines, and more.

Know the Science

4





Search Bar

Let's search for “yoga”

- ▷ On the search results page, how do you change it to see images?
Videos?



Health Information Tab

Health Information Search Practice

- ▷ Please search for “acupuncture”
- ▷ How did you get to that page?

Health Information: Acupuncture

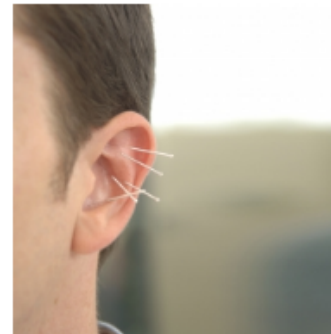
Acupuncture

Share:



The term “acupuncture” describes a family of procedures involving the stimulation of points on the body using a variety of techniques. The acupuncture technique that has been most often studied scientifically involves penetrating the skin with thin, solid, metallic needles that are manipulated by the hands or by electrical stimulation. Practiced in China and other Asian countries for thousands of years, acupuncture is one of the key components of traditional Chinese medicine.

Although millions of Americans use acupuncture each year, often for chronic pain, there has been considerable controversy surrounding its value as a therapy and whether it is anything more than placebo. Research exploring a number of possible mechanisms for acupuncture’s pain-relieving effects is ongoing.



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For Consumers

General Information

- [Traditional Chinese Medicine: In Depth](#)
- [Chronic Pain: In Depth](#)

[See more >](#)

En español

- [Cáncer: en detalles](#)
- [Acupuntura \(MedlinePlus\)](#)
- [Acupuntura \(PDQ®\) \(NCI\)](#)

Tips

- [4 Things To Know About Dietary Supplements for Eye Conditions](#)
- [8 Things To Know About Mind and Body Approaches for Health Problems Facing Military Personnel and Veterans](#)
- [5 Things to Know About Complementary Health Approaches for Parkinson's Disease](#)

Research Spotlights

- [Needles and Coffee May Not Mix; Even a Low Dose of Caffeine Blocks Acupuncture's Pain Relief in Mice \(06/13/17\)](#)
- [How the Body and Brain Achieve Carpal Tunnel Pain Relief via Acupuncture \(03/02/17\)](#)
- [Review Examines Clinical Trial Evidence on Complementary Approaches for Five Painful Conditions \(09/01/16\)](#)
- [Acupuncture, as Practiced in Clinical Settings, May Significantly Improve Menopause-related Symptoms \(03/18/16\)](#)
- [Review of Research Shows, Overall, Acupuncture Did Not Increase Pregnancy Rates With IVF \(07/24/13\)](#)

[See all research spotlights >](#)



Research Tab

Research

Share:



NCCIH's Research Strategy

Research goals, types of research NCCIH funds, and the Center's top scientific priorities.

Research Sponsored by NCCIH

The Division of Extramural Research develops and oversees NCCIH-funded research and research training programs.

Research Conducted at NCCIH

The Division of Intramural Research conducts clinical, translational, and basic research in Bethesda, MD.

Research Results

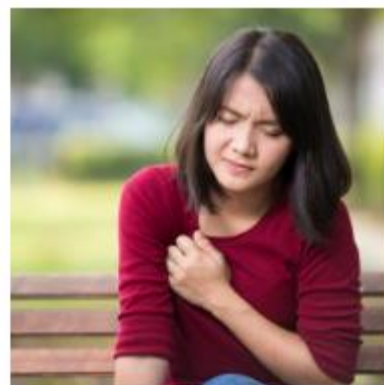
Highlights of recently published studies funded by NCCIH.



Defining the Prevalence of Chronic Pain in the United States
(September 14, 2018)



Lifestyle Interventions May Limit Weight Gain During Pregnancy in Overweight or Obese Women



Understanding the Influence of the Experimental Setting on Pain Ratings (August 25, 2018)

More Practice

- ▷ Try searching for a topic of your choice!
- ▷ Other example topics:
 - Essential oils
 - Ayurvedic medicine
 - St. John's Wort

Thanks!

Any questions?

You can find me at:

@username

user@mail.me

Credits

Special thanks to all the people who made and released these awesome resources for free:

- ▷ Presentation template by [SlidesCarnival](#)
- ▷ Photographs by [Unsplash](#)

Presentation design

This presentations uses the following typographies and colors:

- ▷ Titles: **Raleway**
- ▷ Body copy: **Lato**

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- ▷ Dark blue **#2185c5**
- ▷ Light blue **#7ecef**
- ▷ Yellow **#ff9715**
- ▷ Magenta **#f20253**
- ▷ Dark gray **#677480**
- ▷ Light gray **#97abbc**

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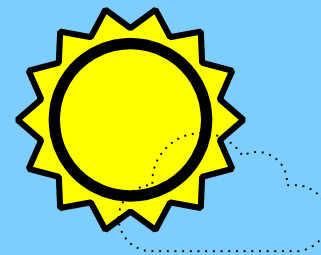
SlidesCarnival icons are editable shapes.

This means that you can:

- Resize them without losing quality.
- Change fill color and opacity.
- Change line color, width and style.

Isn't that nice? :)

Examples:





Now you can use any emoji as an icon!

And of course it resizes without losing quality and you can change the color.

How? Follow Google instructions

<https://twitter.com/googledocs/status/730087240156643328>



and many more...